

# Main Pool

| Monday                                                                                     | Tuesday                                                                                                                           | Wednesday                                                      | Thursday                                                       | Friday                                                                                     | Saturday                                    | Sunday                                                 |
|--------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|----------------------------------------------------------------|--------------------------------------------------------------------------------------------|---------------------------------------------|--------------------------------------------------------|
| Adult Swim<br>06:30-09:45<br>(2 lanes only 9.00 - 9.45)<br>Halton Swim Club<br>6:30 - 8:00 | Adult Swim<br>06:30-09:00                                                                                                         | Adult Swim<br>06:30-09:00<br>Halton Swim Club<br>6:30 - 8:00   | Adult Swim<br>06:30-09:00<br>Halton Swim Club<br>6:30 - 8:00   | Adult Swim<br>06:30-09:45<br>(2 lanes only 9.00 - 9.45)<br>Halton Swim Club<br>6:30 - 8:00 | Swimming Lessons<br>08:00-11:30             | Adult Swim<br>08:00-09:00                              |
| Aqua Fit<br>09:00-09:45<br>Adult Lane Swimming                                             | General Swim + Lane Swimming<br>09:00-19:30<br>School swimming                                                                    | School swimming                                                | General Swim + Lane Swimming<br>09:00-12:00<br>school swimming | Aqua Fit<br>09:00-09:45<br>Adult Lane Swimming                                             |                                             | General Swim<br>09:00-16:00<br>Swim Fit<br>09:00-10:00 |
| General Swim + Lane Swimming<br>09:45-19:30<br>Swim Lessons 16:00 - 19:30                  |                                                                                                                                   | General Swim + Lane Swimming<br>09:45-19:30<br>School swimming | Aqua Fit<br>12:00-12:45<br>Adult Lane Swim                     | General Swim + Lane Swimming<br>09:45-20:00<br>Hydro Session 12:00-13:00                   | General Swim + Lane Swimming<br>11:00-16:00 | Adult lane swimming<br>10.00-11.00                     |
| Halton Swimming Club<br>19:30 - 21:30<br>(Health Suite closed)                             | Aqua Fit<br>19:30-20:15<br>Adult Swim 20:15-21:30<br>(*2 lanes available 19:00 - 20:15)<br>* Adult Lane Swimming<br>Adult Lessons | Halton Swimming Club<br>19:30-21:30<br>(Health Suite closed)   | Aqua Fit<br>18:45-19:30<br>Lane Swim                           | Halton Swimming Club<br>17:00-20:00                                                        |                                             | Swim Club<br>14:00-16:00                               |

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| Sauna and Steam Room Opening Times | MONDAY        |
|                                    | 06:30-19:30   |
|                                    | TUESDAY       |
|                                    | 06:30 - 21:00 |
|                                    | WEDNESDAY     |
|                                    | 06:30-19:30   |
|                                    | THURSDAY      |
|                                    | 06:30-21:00   |
|                                    | FRIDAY        |
|                                    | 06:30-19:30   |
|                                    | SATURDAY      |
|                                    | 11:00-15:30   |
|                                    | SUNDAY        |
|                                    | 08:00-15:30   |

| Gym Opening Times |             |
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| Monday - Thursday | 06:30-22:00 |
| Friday            | 06:30-20:00 |
| Saturday - Sunday | 08:00-16:00 |

# Small Pool

| Monday                                  | Tuesday                                 | Wednesday                               | Thursday | Friday                                                                | Saturday                   | Sunday                     |
|-----------------------------------------|-----------------------------------------|-----------------------------------------|----------|-----------------------------------------------------------------------|----------------------------|----------------------------|
| Aquababes<br>12:00-12:30<br>12:30-13:00 | Aquababes<br>09:30-10:00<br>10:00-10:30 | Aquababes<br>12:00-12:30<br>12:30-13:00 | Closed   | Aquababes<br>12:00-12:30<br>12:30-13:00<br>Family Swim<br>15:00-18:00 | Family Swim<br>13:00-15:30 | Family Swim<br>09:00-15:30 |



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